



Mediterranean-Style Mussels (Wild Caught) Recipe

Preparation Time	10
Cooking Time	15
Serving Size	4

Ingredients:

- 2 Tbsp Contadina Extra Virgin Olive Oil
- 1/2 cup onion, red, chopped
- 1 tsp garlic, sliced
- 1 pouch DEL MONTE Quick 'n Easy Caldereta Sauce (80g)
- 1 pack Wild Caught Blue Mussels (454g), steamed
- 1 cup cherry tomato, sliced into half
- 1/4 cup parsley, chopped
- 2 Tbsp Contadina Extra Virgin Olive Oil
- 1 pc lemon, sliced into wedges

Preparation:

1. Travel with your tastebuds to the coasts of the Mediterranean with this simple yet flavorful dish using Del Monte Quick 'N Easy!
2. Add the DEL MONTE Quick n Easy Caldereta Sauce and sauté for 1 minute.
3. Add the Wild Caught Blue mussels including the broth in the pack. Bring to a boil then simmer for 3 minutes in the covered pan. Add the cherry tomatoes then simmer for another 2 minutes.
4. Remove from the fire, add the chopped parsley. Drizzle additional olive oil then serve with some lemon wedges and crusty bread.

Chef's Tip

Lusog Notes

Cooking Skills Needed

- Sautéing
- Simmering
- Slicing

Cooking Tools

- Chopping Board
- Measuring Spoon
- Scissors
- Measuring Cups
- Rubber Spatula
- Bowls